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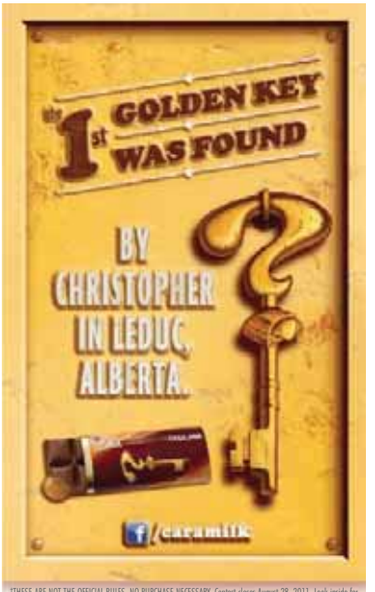
SPA DAY STEAL
AT-HOME FACE AND BODY TREATMENTS FOR THRIFTY LADIES {page 15}

IT'S A BOY!
KATE HUDSON, FIANCÉ HAVE HEALTHY BABY
{page 10}



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CALGARY metro®
Tuesday, July 12, 2011
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News worth sharing.

IAN JACKSON/THE CANADIAN PRESS

▶ Chief Marvin Yellowbird reflects at a press conference yesterday on the fatal shooting of his five-year-old grandson on the Samson Cree First Nation reserve near Hobbema.

Chief's grandson killed in shooting

▶ Samson Cree reserve known for gang violence ▶ Chief Yellowbird urges witnesses to come forward with information

The five-year-old grandson of the chief of an Alberta reserve has been killed in a shooting.

The boy was sleeping in his bed when he was hit by a bullet fired from outside a home at the Samson Cree First Nation near Hobbema early yesterday.

"I am grandfather of the deceased and we're coping," Chief Marvin Yellowbird said at a news conference at the band office later in the day.

"It is a tragic day today for the Yellowbird family as well as the community.... We're devastated."

"The community is blessed with many good people who define who we are. We shall endure," the chief said.

A woman in the home was also injured in the shooting, but her wounds were not serious.

RCMP could not confirm whether the woman was the boy's mother.

About 90 minutes before the killing, shots were also fired at another home on the reserve. No one was hurt, said Sgt. Tim Taniguchi. Investigators are looking into whether the two shootings are linked.

Taniguchi would not confirm the shooting is gang-related, but said officers are on the alert for possible violent retaliation.

"That's always a concern and always a possibility," he said. "We're doing everything to ensure the public safety within this community."

Neighbour Shane Saddleback, who heard the pop of four or five gunshots, believes the violence at Samson is "going to get worse."

Gangs fighting over the drug trade have plagued the community for years, he added.

If this was a gang-related shooting, he expects a violent retaliation will soon follow.

"Give it one week. I'm pretty sure you'll hear of another shooting," said Saddleback.

The Samson reserve is one of four near the town of Hobbema, about 100 kilometres south of Edmonton.

IAN JACKSON/THE CANADIAN PRESS

▶ Koren Lighting-Earle, left, hugs Elder Flora Northwest.

RCMP Supt. Curtis Zablocki said there's actually been a reduction in violence since 2008, when 23-month-old Asia Saddleback was shot as she sat at a kitchen table eating dinner. She survived, but the bullet is permanently lodged between her liver and spine.

THE CANADIAN PRESS

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Masseur guilty of sex assault

An unlicensed Calgary masseur has reportedly been found guilty of sexually assaulting two women.

Judge Sean Dunnigan convicted Paul James Schell, 37, yesterday in relation to events in August 2008 and February 2009.

The judge told the court he found valid claims that Dunnigan repeatedly touched the genitals and breasts of two women while massaging them, according to media reports.

Schell, who operated Massage Medics, will reportedly await a pre-sentence report, psychiatric report and risk assessment before a sentence is handed down in October. METRO

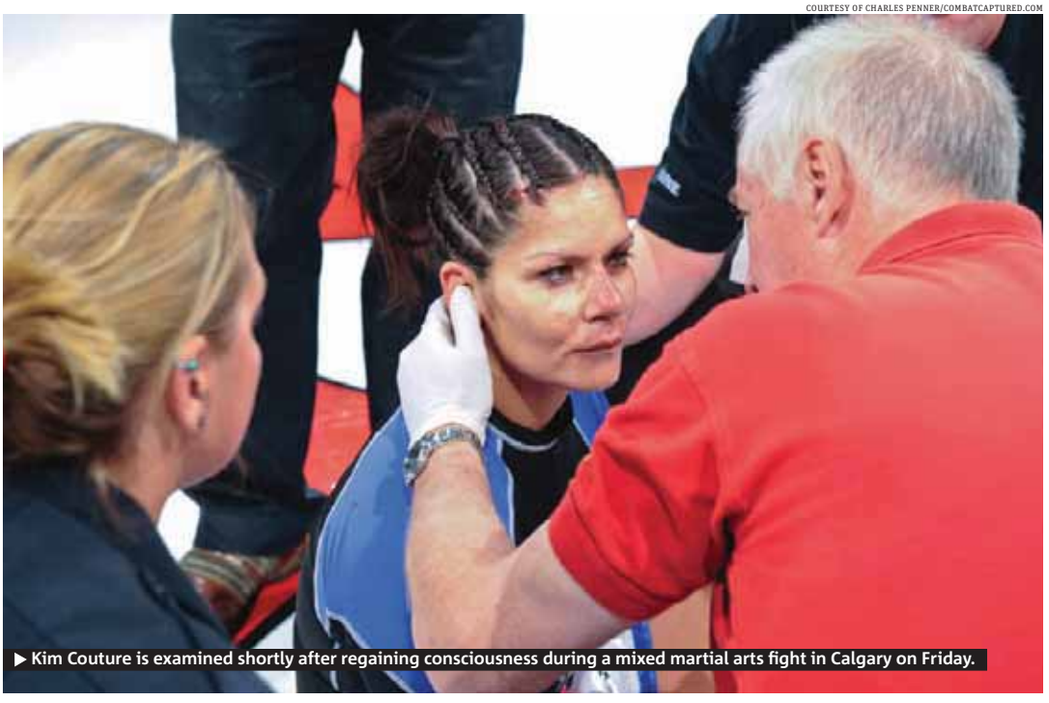
Stelmach wants ring road deal by fall

Premier Ed Stelmach flipped flapjacks and expressed optimism yesterday over the possibility of running the southwest leg of Calgary's ring road through Tsuu T'ina Nation.

It was the Alberta premier's last time hosting a Stampede breakfast. He'll turn the reins over to a new leader this fall.

Stelmach said he would like to see a deal in place with the Tsuu T'ina by October. The nation's people previously voted down a proposal to run the road through the reserve in June 2009. METRO

COURTESY OF CHARLES PENNER/COMBATCAPTURED.COM



▶ Kim Couture is examined shortly after regaining consciousness during a mixed martial arts fight in Calgary on Friday.

Chokehold draws commission review

Longtime follower worries 'incompetent' refereeing could add fuel to critics' fire ◐ Incident took place during mixed martial arts event in city

JEREMY NOLAIS
@METRONEWS.CA

Mixed martial arts enthusiasts are up in arms following what many have deemed a dangerous officiating mistake during a Calgary fight on Friday.

During the AX Combat 1 match between Kim Couture and Sheila Bird at the Telus Convention Centre, Bird managed to lock Couture in a leg scissor choke — her two legs wrapped around her opponent's neck to cut off her airway.

Couture eventually fell unconscious but many spectators are alleging it took too long for the referee to break the hold.

"I called it incompetent, which is the best way I can describe it," said Geno Mrosko, managing editor for MMAmania.com.

The Calgary Combative Sports Commission is now reviewing the matter, confirmed chair Shirley Stunzi. She would not elaborate but said more details would be released in the days ahead.

Couture regained consciousness moments after the hold was broken. She could not be reached for comment yesterday.

Pina colada dream

- Kim Couture was formerly married to accomplished MMA fighter Randy Couture.
- She addressed fans the day after the choking incident on Twitter, writing, "I never tapped (out) like they said, but went to sleep and had sweet dreams of sipping on a pina colada on the beach, then they woke me up!"

1 news

Science seeks to salve the sting of summer sunburns. Scan code for story.

To scan 2D barcodes in Metro, download the free ScanLife app at 2dscan.com.

On the web at metronews.ca

Investment advisor Allan Small explores the impact of dismal U.S. job numbers on Canadian investors at metronews.ca/investing

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Statehood vote just PR: Baird

Says Palestinian state must be result of negotiations

Foreign Affairs Minister John Baird says it would be meaningless if the United Nations General Assembly recognized Palestinian statehood this fall.

Baird is dismissing the Palestinian campaign to win recognition at the UN in a September vote as a public-relations move.

"We think it's distinctly unhelpful to seek a public-relations declaration within the UN General Assembly. Obviously, it would be without any meaning," Baird said yesterday.

Baird noted that only a vote of the Security Council would finalize the matter. "We believe that statehood should be the product of a negotiated permanent peace with security for both the Palestinian and Israeli people."

Boycott

Baird also confirmed Canada is boycotting the UN Conference on Disarmament because North Korea has assumed the rotating chairmanship.

▶ "It's absurd, and it's a blow to meaningful efforts at worldwide disarmament," said Baird.

He said he'd be thrilled to welcome a new Palestinian state, but only after peaceful negotiations with Israel. Baird also affirmed the Harper government's unwavering support for the Jewish state, which has sparked criticism in the past.

THE CANADIAN PRESS

Bosnia. Srebrenica

▶ A woman touches the coffin of her relative yesterday among the more than 600 displayed at the Potocari memorial cemetery near Srebrenica, Bosnia and Herzegovina.

ASSOCIATED PRESS/MARKO DROBNJAKOVIC

Massacre remembered as victims reburied

Hundreds of victims of the Srebrenica massacre were reburied yesterday as more than 40,000 mourners looked on — solemnly paying their respects on the 16th anniversary of the worst crime in Europe since the Nazi era. After a ceremony and collective prayer at the memorial centre in the eastern Bosnian town that already contains more than 4,500 graves, survivors and volunteers hoisted 613 coffins wrapped in green cloth to the air and carried them to a field of freshly dug graves.

Drought may be worse than reported: Official

A U.S. official said yesterday he fears Ethiopian officials may be underestimating the country's needs in its drought crisis, even as the government announced that 4.5 million Ethiopians need food aid, 40 per cent more than last year.

The U.S. government aid arm is looking for ways to help the hungry on Ethiopia's side of a three-country drought crisis that is also devastating communities in Kenya and Somalia.

"We are concerned that we are underestimating the situation, especially in the southern provinces," Jason Frasier, mission director of USAID in Ethiopia, said of that country's food crisis.

REBECCA BLACKWELL/THE ASSOCIATED PRESS

▶ Two-year-old Aden Salaad sits in a bathtub yesterday at a Doctors Without Borders hospital in Kenya, where he is being treated for malnutrition.

Ethiopia's state minister of agriculture, Mitiku Kassa, said yesterday that nearly $400 million is needed to fill the country's food gap. THE ASSOCIATED PRESS

Over 100 die as cruise ship sinks

An aging cruise ship was severely overcrowded, had a malfunctioning engine and listed to one side before it sank in heavy wind and rain on the Volga river, which is east of Moscow, killing as many as 129 people, Russian officials said yesterday.

River cruise boats are highly popular among Russian holiday-makers and the Bulgaria was carrying 208 people, including a large group of children, when it set off in stormy weather Sunday, officials said. It was only licensed to carry 120.

THE ASSOCIATED PRESS

News in brief

Stun gun found on U.S. plane

SECURITY. Authorities are trying to determine how a stun gun got aboard a JetBlue plane that landed at New Jersey's Newark Liberty International Airport.

A cleaning crew was working around 10:20 p.m. Friday after the flight arrived from Boston and found the stun gun tucked into the back of a seat. Newark FBI spokesman Bryan Travers says there's no indication that an attack was imminent. He says the investigation is focusing mostly on how the stun gun ended up on the flight.

THE ASSOCIATED PRESS

STD resists all antibiotics

HEALTH. Scientists have discovered a strain of gonorrhea that is resistant to all currently available antibiotics.

The international research team says the superbug strain, dubbed H041, is likely to transform a once-easily-treatable sexually transmitted disease into a global public health threat. Swedish researcher Dr. Magnus Unemo says the discovery is alarming but also predictable because gonorrhea has shown a remarkable capacity to develop resistance to drugs.

Unemo announced the discovery yesterday at a conference in Quebec City. THE CANADIAN PRESS

Transit union wants apology

COMPLAINT. Toronto's transit union is denying reports that a worker urinated on the wall of a subway station in full view of passengers.

The chairwoman of the Toronto Transit Commission issued a public apology after a rider complained. But Bob Kinnear, who heads Local 113 of the Amalgamated Transit Union, says the report is "a total fabrication."

He says the worker was just using his cellphone to check on a work assignment and this was verified by an internal investigation.

THE CANADIAN PRESS

New York prepares for same-sex marriages, adoptions

First comes love, then comes marriage. Now adoption lawyers and agencies in New York say they're getting ready for a baby boom as same-sex couples emboldened by the state's new gay marriage law take the next step and try to adopt children.

New York will allow same-sex marriages beginning July 24, becoming the most populous U.S. state to legalize such weddings. Thousands of couples are expected to tie the knot.

The state already permits unmarried couples, both gay and straight, to adopt children. But a wedding ring is an important milestone in a relationship — and can also bolster a couple's case as they try to impress social workers, adoption agencies and birth mothers during the often competitive adoption process, couples and adoption experts say. THE ASSOCIATED PRESS

Independent Internet providers slowing traffic, hearing told

CRTC reviewing implications of phone, cable giants charging independent web providers for use of networks

—Independent Internet providers are significant contributors to network congestion and the price they pay to large companies should reflect their usage, BCE Inc. told a regulatory hearing yesterday.

Mirko Bibic, a senior vice-president for BCE Inc., said wholesale independent service providers make up 17 per cent of users in Ontario and Quebec and drive 29 per cent of total traffic on Bell's network in those provinces.

"This is significant," Bibic told the Canadian Radio-television and Telecommunications Commission.

"No single user or wholesale customer is the cause of congestion. But clearly, wholesale users contribute a disproportionate share of total traffic and, by extension, congestion," Bibic said.

The CRTC is reviewing how BCE's Bell Canada and other large network providers charge independent Internet providers for the use of their networks.

The federal regulator launched the review after a social media campaign against a previous CRTC decision, which would have forced independent ISPs to charge their retail customers for usage above a ceiling — as large providers do. THE CANADIAN PRESS

Market moment

PRICES AS OF 5 P.M. YESTERDAY

TSX	Dollar	Oil	Natural gas 1,000 cu ft	Gold
- 191.95 (13,179.75)	- 0.89¢ (103.20¢ US)	- $1.05 US ($95.15 US)	$4.20 (- 0.2¢)	$1,549.20 (+ $7.60)

Solar power. Nissan

▶ Nissan is testing a super-green way to recharge its Leaf electric vehicle using solar power, part of a broader drive to improve electricity-storage systems. In the new charging system, electricity is generated through 488 solar cells installed on the roof of the Nissan headquarters building.

KOJI SASAHARA/THE ASSOCIATED PRESS

Recharge at little cost to the world

For Nissan's solar-powered recharging plan to work, four batteries from the Leaf electric vehicle were placed in a box and kept in a cellar-like area of the Nissan building to store the electricity generated from the solar cells, which was enough to fully charge 1,800 Leaf vehicles a year.

Happy to hire soon: Study

Businesses across Canada are planning to kick their hiring into high gear over the next year, according to a Bank of Canada survey.

"The balance of opinion on employment has risen to a record high level," the bank said in the survey released yesterday.

"Intentions to increase employment over the next 12 months were widespread across all regions and sectors, particularly in the services sector."

Meanwhile, Statistics Canada reported a net gain of 28,000 jobs for June, the third consecutive month of gains, which was in stark contrast to a disappointing report of only 18,000 jobs added in the United States.

The bank survey was taken between May 24 and to June 16. THE CANADIAN PRESS

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HOT FLINGS EVENTUALLY COOL OFF

SHE SAYS ...

JESSICA NAPIER
METRO

There is just something about the heat that wreaks havoc on our hormones. Long, temperate nights and a general lack of clothing can cause perfectly logical individuals to develop an instantaneous infatuation with one another. And, thus, a summer romance is born.

Adorable new couples become high on the potential of what could be without one rational thought towards what will happen come fall. Life becomes a movie montage of adorable date activities: Tandem bicycling in the park, picnics on the beach, sunset walks, fireworks under the stars.

But all of this fun-in-the-sun frolicking can't last forever. Don't kid yourself; your love is not a Nicholas Sparks novel.

The summer romance, like its cousin, the vacation romance, has a built-in expiry date. Like a pair of white jeans, the relationship is best enjoyed before Labour Day.

"Manage your expectations and proceed with caution. With every foray into summer love comes a bittersweet sensation of wanting it to last forever, but knowing it never will."

Oh sure, you might have convinced yourself this is the real deal, but more often than not that sizzle burns out as soon as the temperature starts to drop. Very few trysts translate into long-term relationships. Once the easy, breezy days of summer are over, integrating each other into your real (read: Not so carefree) lives can be problematic. Just look at what Sandy and Danny went through when they brought their summer lovin' back to school in Grease.

A fling, by its very nature, means you will be flung to the curb at some point. One minute you're handholding in matching khakis like a smug J. Crew catalogue couple and the next, you're packing up your summer wardrobe and wondering why you ever thought it could last.

Ultimately, it's best to keep these sun-soaked romances as casual as the beachwear in which they began. Manage your expectations and proceed with caution. With every foray into summer love comes a bittersweet sensation of wanting it to last forever, but knowing it never will.

When September arrives and reality is restored, you're sure to feel a little melancholy over the demise of your doomed-from-the-start romance. In the days following those tearful goodbyes it's important to remind yourself that you aren't really mourning the loss of some great love, but the feeling of endless summer and the possibility of what could have been.

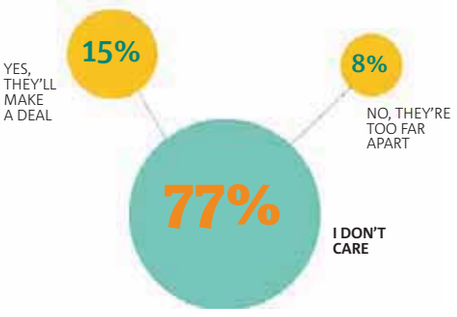
And as your tan lines start to fade, so will your heartbreak. You will come to realize that the beauty of summer romances is that they are fleeting; as short and sweet as the season itself.

Read more of Jessica Napier's columns at metronews.ca/shesays

Metropolitan Panel

Register at metropolitanpanel.ca and take the quick poll

Do you think there will be an NBA season this year?



Local tweets

- **@XLanna:** OKAY friends in #yyc ... who's comin down to the grounds with me on Saturday?! Nashville North ... I think so.
- **@twobrobb:** It's amazing what people do when the word "free" is involved — 65,000 show up to #yyc #stampede before 9am for free
- **@FRESHMikala:** I feel like the weather is #suckingthelifeoutofme. Anyone else? #naptime #yyc
- **@saitsapresident:** #yyc up-ass fees have increased 315% in 10 years. Inflation in 10 years? 17%
- **@joannacreampie:** Thought I was on a Somerset train for a second cuz this McKnight train is packed! #yyc #calgarytransit
- **@RobbieRobTown:** Evening commute slowed by horse-drawn carriages. This must be what Victorian London was like. #yyc #stampede
- **@GregVanier:** Only in #yyc do you have to worry about a horse creating a traffic jam. #stampede.
- **@dougsymington:** Just helped out some tourists with directions in downtown #YYC not a big deal, but it felt good ;-)

Letters

Re: Animals are roots of Stampede (July 11)

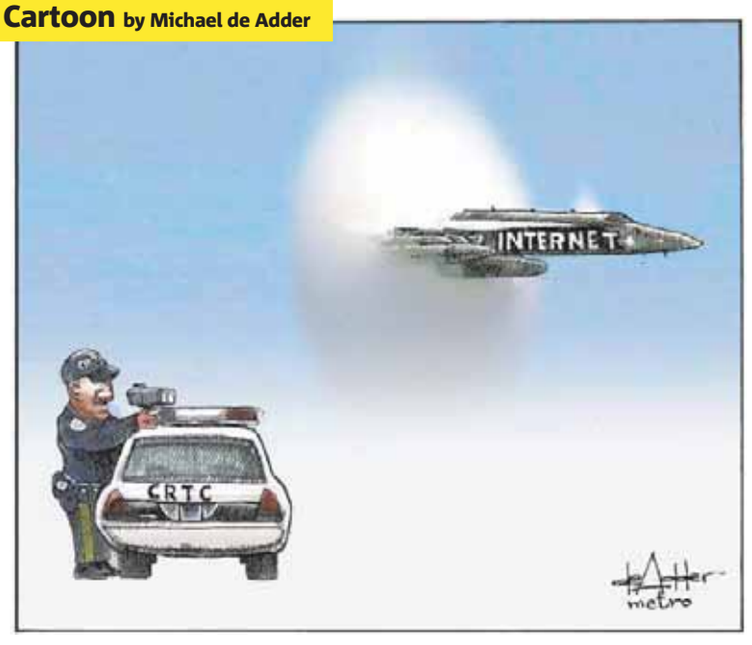
The column of James Callsen is so laden with the usual lies and deceptions, as uttered by the Stampede board and rodeo/chucks media folk, that it screams for a response.

First, he provides himself with a disclaimer by stating that, "as an ex ... farm boy, he *might* have a bit more insight." He might, indeed, but given his comments it's clear he either does not, or he chooses to ignore that very insight to try to perpetuate the myths surrounding the treatment of these very animals he loves watching exploited, injured and, not so uncommonly, killed, etc.

The reality is this: Rodeo and chucks are not popular, as Callsen wants everyone to believe; otherwise, the Stampede wouldn't be desperately trying to pad attendance figures with all these comps, corporate freebies, etc. As the newsman for X92.9, perhaps he should investigate this a little, rather than vying to be a mouthpiece for something long past its expiry date.

MICHAEL ALVAREZ-TOYE, SPOKESPERSON, CALGARY ANIMAL RIGHTS COALITION

Cartoon by Michael de Adder

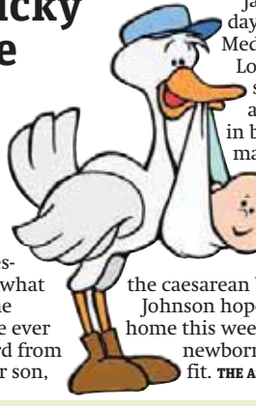


WEIRD NEWS

Stork was lucky to get off the ground

A Texas mom expected a big baby, but nothing like this: 16 pounds, 1 ounce (7.3 kilograms).

Janet Johnson remained in an East Texas hospital yesterday after giving birth to what her doctors called one of the biggest newborns they have ever seen. She was awaiting word from the state to see whether her son, JaMichael Brown, ranked among the biggest births in Texas history.



JaMichael was born Friday at Good Shepherd Medical Center in Longview, Texas. Johnson has gestational diabetes, which results in bigger newborns for many mothers. Yet doctors had estimated JaMichael would be around 12 pounds (5.5 kilograms) prior to the caesarean birth.

Johnson hopes to take JaMichael home this week — and return his newborn clothes that won't fit. **THE ASSOCIATED PRESS**

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2 scene

Sheryl Crow

Singer Sheryl Crow is being criticized by a U.S. animal rights group Showing Animals Respect and Kindness for planning to donate concert proceeds to the wild-horse protection group Cloud Foundation.

THE ASSOCIATED PRESS

France inducts U.S. entertainer Liza Minnelli into the elite Legion of Honour Society

HANDOUT

▶ Pooh Bear and his friends will make a come back to the big screen with the feature film The Hundred Acre Woods

Pooh's chance to shine

Veteran Disney animator, Burny Mattinson, shares his adventures with the infamous Walt Disney ◐ New Winnie the Pooh flick brings Mattinson's old toy to life on the big screen

RICHARD CROUSE
SCENE@METRONEWS.CA

For most people, Walt Disney is a brand name, or a flickering black-and-white image best remembered for hosting the Disneyland series throughout the 1960s. But for animator Burny Mattinson he was a real living, breathing person.

"I first met him as a traffic boy when I first came to the studio," said Mattinson, a Disney employee since 1953. "I was in the elevator and he stepped in. I said, 'Good morning Mr. Disney.' He looked at me with a cocked eyebrow and said, 'It's Walt, son.' That was my first adventure with him."

Mattinson had many adventures in the studio, including working on Aladdin, Beauty & the Beast and the original Winnie the Pooh shorts in 1964 and '74. Those shorts were wildly popular, but were originally planned as a feature film. Mattinson remembers watching the rough cut of the film with Disney.

"He came out afterwards and said, 'You know, I think we should cut our losses. I don't think audiences are going to like this kind of humour. It's too mild. Let's put it out as a featurette.' So we cut it to 20 minutes and lost a lot of footage. We put it out as Winnie the Pooh and the Honey Tree and it did very well, and Walt said, 'Well we have the rest of this footage, let's put it out as A Blustery Day. Which we did and it won an Academy Award the following year."

▶ Burny Mattinson

Recently Mattinson's career came full circle when he was approached to help relaunch the Pooh Bear and his friends from the Hundred Acre Woods. The result is Winnie the Pooh, a movie Mattinson says, "is kind of like visiting an old friendly family you've grown up with."

Mattinson has another family connection to the film. The movie's opening moments are live action, featuring a Winnie the Pooh stuffed doll his wife made in 1964. It was set to be used in the 1964 movie, but when it wasn't he gave it to his children.

"My kids played with it," he says, "and their kids played with it. It's kind of raggedy; it's gotten a lot of patina of age on it but then when the bosses said they were going to shoot a new live action opening I brought it in and showed it to them and they said, 'Yes! That's it.' It's finally gotten its chance."

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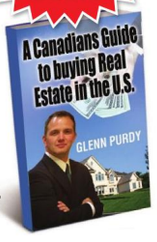

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It's a boy! Kate welcomes new addition to family

GETTY IMAGES

▶ Kate Hudson

Hudson and fiancé blessed with 'healthy' baby

Kate Hudson is a mother for the second time, having given birth to a "healthy baby boy" over the weekend, according to Us Weekly.

Hudson also has a seven-year-old son, Ryder, with ex-husband Chris Robinson.

Hudson claimed she and fiancé Matt Bellamy didn't know the sex of the baby before it was born, though in April Hudson had told Entertainment Tonight she'd used a "pendulum test" to predict that the baby would be a girl.

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Celebrity tweets

@RedHourBen

Just saw the most incredible concert by Eddie Vedder. What an amazing energy and talent. I predict a future in the music industry for him.

@alyankovic

Great news! Just found out my new album is so popular that I'll DEFINITELY be a trending topic on Twitter when I die. #cantwait

@SarahKSilverman

Cuba Gooding Jr & Matt Damon have the same smile. I've always thought this. Since I was a little girl.

@joan_rivers

I'm bringing my grandson to London to meet Pippa Middleton! Screw the 18-year age gap. They're both single, and he's a very mature 10.

Celebrity Rehab set for indefinite hiatus?

GETTY IMAGES

▶ Dr. Drew Pinsky

While the sixth season of Celebrity Rehab is currently airing on VH1, it won't be for much longer as the reality series is reportedly going on indefinite hiatus, according to Radar Online.

"The decision was made to put the show on hiatus because Dr. Drew Pinsky is just too busy to continue to do the show," a source says. "The amount of time Dr. Drew has to commit to treating celebrities on the show is a tremendous amount of time." The current cast includes Michael Lohan, Amy Fisher and Bai Ling. Pinsky's show had drawn an abundance of criticism recently in the wake of former cast member Jeff Conaway's death in May.

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J.Lo to return to Idol: Report

Jennifer Lopez is reportedly returning for the next season of American Idol, despite recent speculation that the pop singer and the singing competition would part ways after one outing, according to E! Online.

Lopez herself had admitted to being "on the fence" about signing up for another season, saying in a radio interview, "I had an amazing time doing it and I loved it, but I have a lot of other things happening and it's going to come down to me making a decision of what I want to do for the next year."

She joins fellow judges Steven Tyler and Randy Jackson, who have already renewed for the show's 11th season.

METRO

Jennifer Lopez

GETTY IMAGES

▶ Kate Moss

Moss cleaning up, hoping for pregnancy: Source

After marrying rocker Jamie Hince earlier this month, Kate Moss is reportedly cleaning up her act in an effort to get pregnant again, according to Hollyscoop.

Moss and Hince are currently celebrating their honeymoon in the Mediterranean on a $15.9-million yacht on loan from Topshop owner Sir Philip Green.

"Kate peaked at her wedding with alcohol, cigarettes and bacon butties, but Jamie wants her to become healthier as they try for a child," a source says.

"Kate's gone to the Med equipped with wheatgrass, barley grass and fish oils, with a view to getting pregnant when she comes home."

The supermodel already has one daughter, Lila Grace, with former partner Jefferson Hack.

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3 life

Dealing with those stressful summers

Those middle months are full of change and not everybody knows how to understand the pressures Metro speaks with an expert to get tips on how to deal with instability in life

CELIA MILNE
LIFE@METRONEWS.CA

Not everyone loves the lazy days of summer.

Early July is a time for change: School is over, holidays are upon us, routines are disrupted. Some people have difficulty dealing with the loss of structured time that keeps them feeling safe throughout the year.

Learning how to deal with change is all about having a strong self-image, says Dr. Albert de Goias, a Toronto-based counselor on mood and behavioural disorders. He has recently launched a website dedicated to understanding and dealing with change (go to understandingchange.org).

"Build a powerful and stable sense of self so that you can approach stress, disruption, or even stagnancy with a sense of creativity, purpose, and self-respect," he says.

If you define yourself by your money, possessions, clothes, appearance or status, chances are, you won't be strong when any of these things are taken away, he believes.

When change occurs or boredom sets in, some people deal with it by dwelling on problems, feeling victimized, becoming overwhelmed and turning to alcohol and drugs.

"Emotional angst is part of life," says de Goias. "It does not have to proceed to depression and addiction if we realize that it comes whenever we have a situation we feel is beyond us or when we feel lost. It can be 'blocked at the pass' simply by knowing how to see our stresses as stimulants to personal growth."

Tips

Resilient people are better able to deal with change and disruption than non-resilient people. Here are some tips adapted from the Mayo Clinic on becoming more resilient:

- **Get connected:** Build supportive relationships with family and friends
- **Find meaning in your life:** Develop a sense of purpose beyond appearances
- **Laugh:** Find humour, even in stressful situations
- **Maintain perspective:** Write down your worries and see if they are rational

ISTOCK PHOTOS

▶ Not everybody is able to kick back and relax during the summer months.

His advice? "Be a tourist in your own town," he says. "Do cultural things, explore life with the curiosity of a child. Understand change as the energy that drives life, and realize there is no such thing as stability."

Beauty pick

Chantecaille's Ultra Sun Protection SPF 50
With a formula containing the anti glycation agent carnosine, this cream helps prevent unnecessary wrinkles. The extracts have anti-inflammatory agents and the oil free texture means there's no chance of a grubby, shiny face.

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Southern comfort food makes its way to Calgary

JoJo's BBQ food truck offers up favourites such as sliced beef brisket, pulled pork sandwiches and rack of ribs Some menu items still need a bit of work

ANH CHU

Small pork ribs (4 bones, $7).

LUNCH RUSH

ANH CHU
FOOD@METRONEWS.CA

The food truck trend has finally made its way to Calgary. The latest addition is JoJo's BBQ truck, located in Barbecues Galore's Edmonton Trail parking lot.

We started with the small pork ribs (4 bones, $7). The St. Louis-style spare ribs seasoned with JoJo's signature dry rub were tender, smoky and succulent — and easily our favourite part of the meal.

We continued with the BBQ-tine ($6), a poutine heaping with beef brisket and pulled pork.

Although the dish could have used more homemade gravy, we remedied this by adding in JoJo's signature BBQ sauce.

The pork in the pulled pork sandwich ($7) was not as shredded or flavourful as I would have preferred, but tasty nonetheless.

The truck also sells sides of griddle mac 'n' cheese, corn fritters and baked beans.

You can pre-order your food to eliminate any waittime. If you're eating onsite, be prepared to sit on the grass as there's only one picnic table.

JoJo's BBQ
3505 Edmonton Trail N.E.
587-896-7827
bbqcalgary.com
Hours: Wed - Fri (11 a.m. - 3 p.m.), Sat - Sun (11 a.m. - 4 p.m.)
Reservations: No
Licensed: No
Client negoitations: No
Social lunch: Yes
Quick solo lunch: Yes
Price range: $3 - $18
Rating: 3 out of 5

THE CANADIAN PRESS H/O

Strawberry Shake

Whirl some wonderful local strawberries with ice cream for a great shake.

If you have a blender, throw the berries in with some milk and ice cream and you have a splendid hot day drink that will give you a boost of energy.

Preparation:

1. Place all ingredients into blender container. Process until smooth. Pour into tall glasses and serve. **THE CANADIAN PRESS/ OSTER**

Ingredients:

- 250 ml (1 cup) milk
- 500 ml (2 cups) strawberry ice cream
- 250 ml (1 cup) ripe strawberries with stems removed

Lamb burger goes classy

Adding creamy brie and baby arugula gives this burger a posh twist

Preparation:

1. Preheat grill. Then in a mixing bowl, combine ingredients for patties. Prepare 6 patties; set aside. Halve ciabatta crosswise to get 6 burger-size buns; slice open.
2. On the grill, quickly brown each side of the patties and cook for an extra 5 to 6 minutes. Meanwhile, butter inside of buns and grill until golden.
3. In bowl, combine dressing ingredients.
4. Set patties on absorbent paper, then assemble with slices of brie, arugula and dressing. **THE CANADIAN PRESS/ DAIRY FARMERS OF CANADA**

Ingredients:

Patties
- 500 g (1 lb) ground lamb
- 30 ml (2 tbsp) Dijon
- 1 egg
- 1 small onion, chopped
- fresh mint, chopped
- Salt and milled pepper

Dressing
- 50 ml (1/4 cup) mayo
- 50 ml (1/4 cup) sour cream
- 45 ml (3 tbsp) chopped chives
- Hot sauce, to taste
- Salt and milled pepper

Trimmings
- 3 ciabatta loaves
- Butter, for buns
- 500 ml (2 cups) baby arugula
- 12 slices brie

THE CANADIAN PRESS H/O

This recipe makes six servings.

Date Night

▶ How's this for a date: breakfast followed by post-breakfast snuggling.

Ideas for your next date

1 Light my fire
Prepare a nice meal together and savour it by the fire. Don't have a fireplace in your place? Nab a table by the hearth at your fave resto or take things outside and build a fire at a local campground.

2 Breakfast in bed
Take turns feeding each other French toast, chocolate chip pancakes and freshly squeezed orange juice for a sweet Saturday morning treat. Top it off with some even sweeter post-brekkie snuggling.

3 Have an ale of a time
Celebrate your love of ale with a trip straight to the source. Alexander Keith first brewed his famous India Pale Ale in 1820. Visit the brewmaster's stomping grounds and sample his tasty tipples on a tour of Alexander Keith's Nova Scotia Brewery in Halifax. Heavy Seas Beer in Baltimore offers tours, a pirate-themed Bacon & Beer Fest, and more.

GO TO 2FORCOUPLES.COM FOR MORE DATE NIGHT IDEAS

GET READY TO ACE THAT INTERVIEW

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Dear Charles:
I am about to embark on the most important interview of my business career and was wondering if you could provide some helpful tips for a successful interview.
Shaking In My Boots

ISTOCK

▶ Remember to bring multiple copies of your resumé with you to any job interview.

Dear Shaking In My Boots:

Congratulations on your upcoming interview! What a great opportunity. While each interview is always different — corporate culture and individual interview style play a big part — below are some tools I have used successfully.

1. Have a professional-looking resumé and bring multiple copies with you. You may be asked to meet with several people or in front of a group of people. If this is the case, present each person at the table with a copy of your resumé.

2. Be ready to listen. Often, when we get nervous, we don't pay attention to what others are saying.

Always focus on the person speaking, listen carefully and let them complete their question or statement. Only then should you respond.

3. When answering questions make sure to give examples.

Never answer a question like "Tell me about your keyboarding skills?" by simply saying, "They're great."

Instead, demonstrate your skill level with good examples — "I can type 100 words a minute — with no errors. In fact, I used to prepare the management team's weekly reports. They included confidential subject matter that was for management's eyes only."

4. Dress appropriately. To do so, know the culture of the company you are interviewing for. If you are going to an interview at a conservative mutual fund company, dress in a suit and tie.

If you are interviewing for a hip and cool guerrilla-marketing firm, dress in a professional manner that is consistent with the culture of the firm.

Remember, if you dress correctly you will feel comfortable and feeling comfortable will help you to interview successfully!

HAVE A QUESTION? EMAIL CHARLES AT ASKCHARLESTHEBUTLER@METRONEWS.CA.

Put your best face forward

NEWS CANADA

▶ Research shows that self-portraits often get the most response from potential suitors on online dating sites.

Online dating might seem simple enough, but to be successful there are more than a few dos and don'ts you'll want to keep in mind, specifically around taking the profile picture.

Perusing online dating profiles can be highly entertaining.

Individuals claiming to be in search of love post photos of themselves next to someone (likely their ex) with his or her face cut out.

Some post photos of their feet or hands or more obscure parts to avoid showing their faces. And others simply leave their profile photo blank.

Research from OkCupid.com shows that self-portraits often get the most response from potential suitors. Surprising as this may be, these shots are usually more animated and natural looking.

But there are rules for success:

Be animated
Looking unenthused won't garner much attention so smile, smirk, look sultry or smoldering — just do something.

Stay close
Confine your pic to your shoulders and above; a wider shot may reveal information about you that you don't want public.

Be yourself
If you're shy and quiet, don't post a picture of yourself looking like a party animal.

Get a second opinion
We're not always the best judges of our own appearance; ask someone you trust to provide honest feedback on your photograph.

Keep your options open
Don't settle on your first shot; take a few and choose one. **NEWS CANADA**

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LESLEY SCORGIE
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Is Fido busting your budget? The costs of pet ownership can add up; veterinary bills, food, toys and other paraphernalia. Stop buying tutus for your feline and focus on providing for your pet's needs while saving money.

When it comes to food, consult your vet on what's most nourishing and frugal. Trendy expensive food doesn't always translate into nutrition, so research a variety of brands and compare prices. You can save a bundle by buying in bulk and using manufacturer, store or online group coupons. If you belong to a loyalty program at your local grocery store, cash in your points for pet food.

Avoid expensive grooming by washing your own pet, brushing its teeth and hair and cleaning its ears. Special shampoos, nail clippers, tooth and hair brushes can be purchased at any pet store. When you take your animal in for a haircut, trim it short.

Proactively manage your animal's health-care costs by not postponing regular visits to the vet. Regular checkups and appropriate shots will help keep your pet healthy and prevent serious illness. One of the best ways to reduce health-care costs is to ensure your pet receives ample exercise.

Spend wisely and enjoy the inexpensive love and fulfillment pet ownership can bring.

Top 5 home spa ideas

ON MONEY

ALISON GRIFFITHS
MONEY@METRONEWS.CA

Wrap me in seaweed, scour me head to food, slap hot rocks on my back and I am in heaven.

If you haven't guessed, I'm a spa devotee. Happily, I have an esthetician in the family so I get to wallow in mud at a discounted price.

For those not so lucky and eager to save a few bucks, my daughter Claudia, the esthetician, offers some inexpensive but effective at-home treatments.

Here are her top five home spa ideas:

Bath Soak: Combine two tablespoons of Epsom salts with 10 drops of a favourite essential oil — lavender relaxes you, peppermint and eucalyptus are uplifting and help with sinus clearing, geranium is a mood balancer.

Lip Treatment: Using a soft toothbrush, gently scrub lips in a circular motion for one to two minutes — I did it for one, which was plenty. Apply organic honey and leave on as long as possible.

(I advise lying down for this one or the honey dribbles down your chin an onto your shirt — keep fingers handy for mopping and licking.)

Body Scrub: Use three to four tablespoons of brown sugar depending on amount of coverage needed.

Mix in olive oil but don't let it get runny. Add two to three drops of vanilla to scent. Scrub away and shower off.

ISTOCK

▶ Money too tight for a spa day? Get a great home experience with a few expert tips.

Deep conditioning for hair: Take a small jar or a cup of mayonnaise and half a ripe avocado. Mash the avocado in a bowl and mix in mayo thoroughly. Rub into hair. Put on a shower cap and let sit 20 minutes. Rinse.

This is great to do while you are soaking in the bath. Rinse your hair in the tub water and you'll really gross out your kids.

Face Mask: This is good for exfoliating and unclogging pores. Mix oatmeal and water together until a paste forms. Apply to your face and leave on until dry. Scrub off over the sink and rinse.

Easy. Cheap. And, I have to admit, kind of fun.

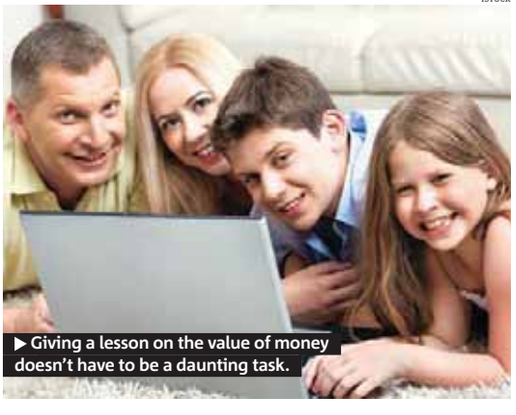
Teaching kids about money: Time well spent

Parents are often the best financial role models

When thinking about those important lessons you must pass on to your children, parents don't often consider money management skills. But lessons about the value of a dollar, saving and investing shouldn't be left to chance. Children's attitudes about money develop early in life, which is why the conversation about money should start at an early age.

These tips will help you get the wheels of saving and investing turning in your child's mind.

ISTOCK



▶ Giving a lesson on the value of money doesn't have to be a daunting task.

1. Use everyday life to talk about money. When you're paying for groceries with your debit card or paying a bill online, explain to your kids what you're doing and how the process works.

2. Introduce an allowance. An allowance is a great way to show children the value of a dollar, and it teaches basic budgeting and money management skills. Suggest they put aside a portion of their allowance for savings. When it's time to move those savings from the piggy bank, open a savings account for your child.

4. Involve your kids in the family finances. Sit down with your kids and show them the family budget. Explain the various expenses, like mortgage payments, and show them how much is set aside for savings and retirement. Teach them the importance of putting aside money for family vacations and big ticket purchases.

NEWS CANADA

Online resources

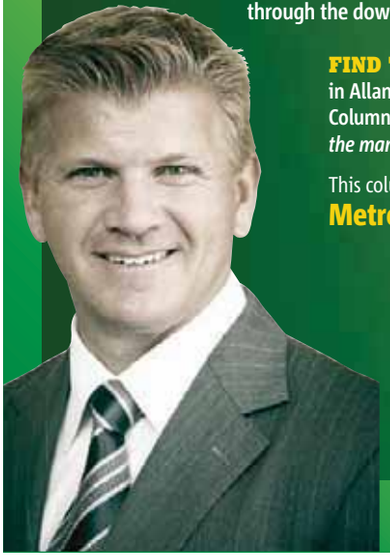
- **Websites,** like Planet Orange, let kids discover the importance and value of money, along with other personal finance lessons, through games and activities. (planetorange.ca)

POPQUIZ

I keep reading news about a slowdown in the US economy – should I sell my investments?

A: Money in America? Is that an oxymoron?

B: You should invest! You can't get the ups without going through the downs.



FIND TIPS & TRICKS
in Allan Small's Investment Perspectives Column: *Negative news provides a drag on the market.*

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What's happening at a school near you

From the world's biggest telescope to a living prairie classroom, there's plenty going on in the Calgary area

KELLY PUTTER
FOR METRO

ISTOCKPHOTO/THINKSTOCK

Patient thanks SAIT student for saving his life

A 22-year-old SAIT Diagnostic Medical Sonography student saved the life of a patient after detecting a swollen aorta while performing her first live ultrasound.

First-year student Jill Schwarzenberger spotted an abdominal aortic aneurysm on the patient, who had agreed to volunteer for students needing practice in the ultrasound lab. The patient, Gary Watson, is a recently retired aviation instructor at SAIT.

On June 24, with flowers in hand, he met Schwarzenberger for the first time since the initial life-saving diagnosis.

"I had to say thank you for this life-changing discovery that without SAIT and Jill I wouldn't have had," said Watson.

"My doctor told me how serious the diagnosis was. It could burst today, next month or even next year, but chances of survival aren't good. That's when I realized Jill literally saved my life."

After Schwarzenberger's diagnosis last fall, SAIT sonography instructor Carrie Hopkins delivered the troubling news and suggested Watson follow up with his doctor to confirm the diagnosis.

Watson promptly scheduled an appointment with his physician and after another ultrasound, was recommended for surgery. He had surgery last fall and spent several months recovering.

Big telescope to answer big questions of the universe

The University of Calgary is the lead Canadian institution working on a $2 billion science project that could shed light on some of the greatest mysteries of the universe.

The project, which is known as the Square Kilometre Array (SKA), the world's biggest radio telescope, will be so powerful it will be able to detect an airport radar on a planet 50 light years away.

The university co-hosted a weeklong series of meetings in early July, which brought together an international community of scientists, engineers and representatives from industry and government that is planning the SKA.

"The planning for the SKA project has been over 10 years in the making," says Dr. Russ Taylor, physics professor in the Faculty of Science at the University of Calgary and Canadian lead on the SKA project. "This meeting marks a milestone in the project in which we are transitioning to a pre-construction phase."

Construction is scheduled to begin on the SKA in 2016 in the Southern Hemisphere.

$2 million gift launches heritage centre at University of Lethbridge

The farmstead property and art collection of a southern Alberta political advisor and philanthropist was formally turned over to the University of Lethbridge to serve as a living prairie classroom. Valued at more than $2 million, the 100-year-old property of Jim Coutts is named the Coutts Centre for Western Canadian Heritage.

"Students, faculty and visitors will make use of the natural setting to study the history, artwork, ecosystems and geography associated with the area," says university president Mike Mahon.

The gift comprises a quarter section of land, the original homestead, extensive gardens and restored outbuildings, as well as more than 200 items from his personal art collection.

Coutts, whose homestead is located just east of Nanton, Alta., is the former secretary and advisor to two Canadian prime ministers, Lester B. Pearson and Pierre Trudeau. He has travelled extensively and acquired art from around the world, with a large portion of his collection showing a clear western Canadian theme.

He purchased the property in 1988 and has since rebuilt it with extensive gardens, restored farm buildings and plots of native grasses as a tribute to his family and their struggles as pioneers in a harsh prairie environment.

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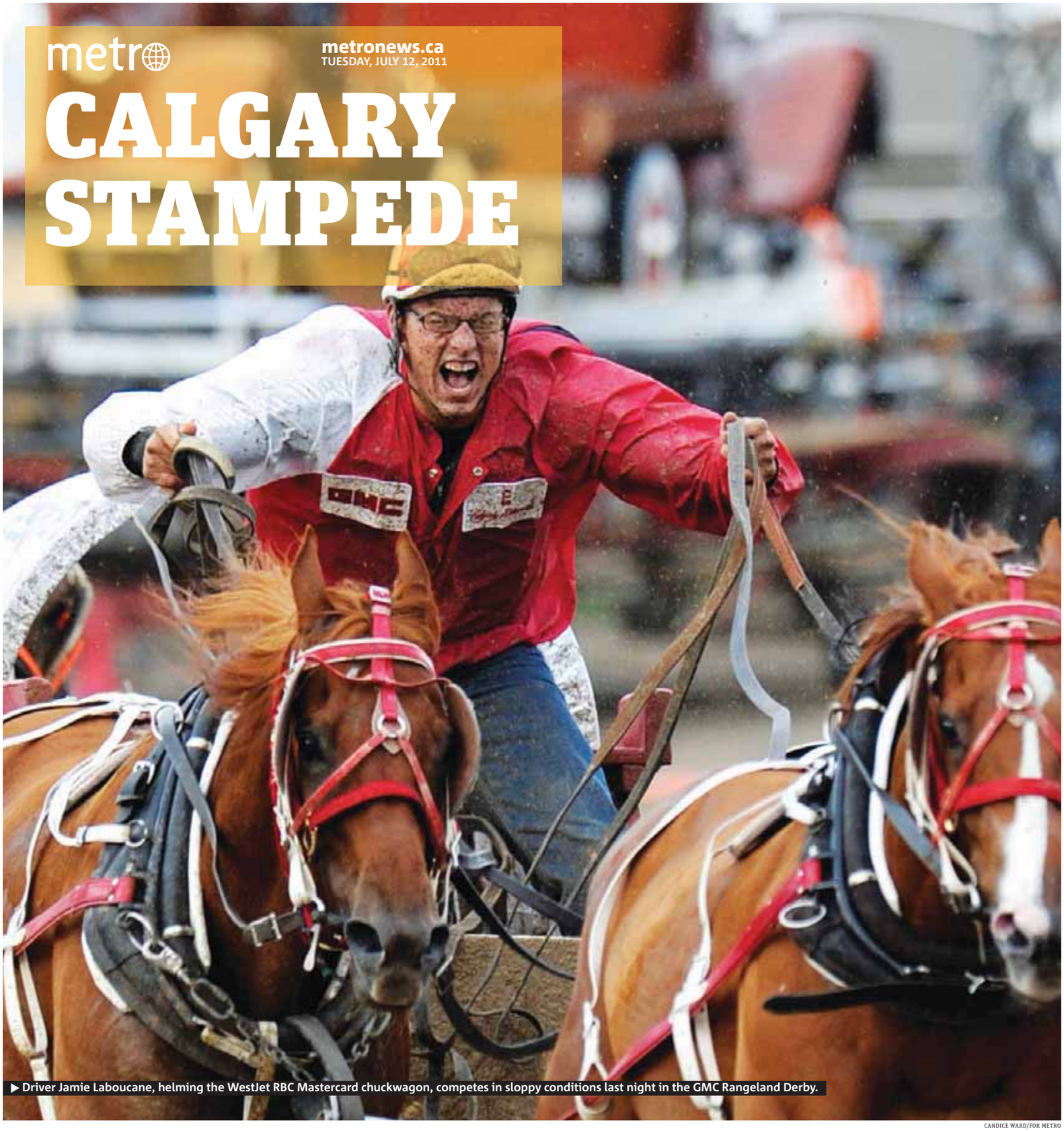

▶ Driver Jamie Laboucane, helming the WestJet RBC Mastercard chuckwagon, competes in sloppy conditions last night in the GMC Rangeland Derby.

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Stampede losing the 'richest' rodeo spot?

The Calgary Stampede's claim to The World's Richest Rodeo could be in jeopardy.

Preparations are underway for Rodeo China, an eight-day October rodeo to be held in Beijing's famed Olympic stadium, known as the Bird's Nest.

The rodeo's total purse is expected to be $8 million, nearly quadrupling the money up for grabs at this year's Stampede.

"Definitely the money and the experience, you get to go to China and they pay your expenses to go," explained Ponoka cowboy Luke Butterfield about the appeal of Rodeo China.

The saddle-bronc rider has signed a contract expressing interest in participating in the event and is waiting to be accepted.

Fellow rodeo competitor Straws Milan of Cochrane admits the big payday has created a stir amongst his peers.

"It sounds like it's going to be a great deal, and that's pretty big, holding a rodeo over there," he said.

Butterfield is slated to take his first ride at this year's Calgary Stampede today and said while the purse may be bigger in the Far East, he doesn't believe it will harm the reputation of Calgary's famed rodeo.

"For me it's close to home and it's the best rodeo going," he said.

JEREMY NOLAIS

CANDICE WARD/FOR METRO CALGARY

▶ Aaron Phinney helps prepare for the chuckwagon races at the barns on the Stampede grounds.

Chuckwagon charms

GMC Rangeland Derby takes place nightly at 8 p.m. during Stampede

There are 36 drivers competing in nine heats a day until Day 10 finals

KATIE TURNER
@METRONEWS.CA

Walking alongside the barns a few hours before race time, pacing horses are ready to hit the tracks and the chuckwagon drivers are equally anxious.

A fairly thankless sport that costs more than most, what drivers receive in return is something that requires passion — a quality that's not lacking in the Sutherland family.

Three Sutherlands are driving in this year's derby, including Kirk Sutherland, who's been competing for more than 30 years.

"Horses are a bad disease," said Sutherland. "Everybody does it just because they like it. There's no money in it for anybody. You just do it because you like it and you try to make ends meet."

Mike Piper, volunteer with the Stampede chuckwagon committee, said the $150,000 prize awarded to the winner seems substantial but doesn't go very far for enthusiasts.

"All these guys have full-time jobs and support their families in the off-season, and they go to work to fund this."

Sutherland said watching the horses, most of which are purchased after having previous racing careers, adapt to the chuckwagons is one of the things he loves most about racing.

"I like to see how a horse changes from not ever having been around a wagon off the racetrack to getting to where they really love the races. They look forward to them."

Wagon world

- Each year, a canvas auction is held for sponsors to bid on drivers.
- The highest-bidding sponsors advertise on the driver's wagon that year.
- This year, canvas prices ranged from $60,000 to $170,000 per chuckwagon, which goes towards funding the cost of the sport for the driver.

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A star is rising in Nashville North

Idol's sister crowned winner ◗ Six finalists performed at Nashville North last night ◗ Winner will open for Kenny Chesney on July 17

KATIE TURNER/METRO CALGARY

▶ MacKenzie Porter, 21, is seen during her performance last night. The young talent was crowned the Nashville North Star.

KATIE TURNER
@METRONEWS.CA

Nausea and nerves aside, MacKenzie Porter said she's going to seize the moment when she steps on to the stage of the Saddledome Sunday to open for country superstar Kenny Chesney.

Porter, 21, was crowned the winner for the 2011 Nashville North Star contest last night.

"I'm still kind of shaky a little bit but I'm really excited," she said. "The opportunity to open for Kenny (Chesney) and this whole experience has been really amazing."

▶ Porter

Porter is not the only musician in the family and is all too familiar with singing competitions. Her older brother Kalan Porter won Canadian Idol in 2004.

"He just called me before the show and wished me good luck," she said. "I haven't decided yet but I think one of the songs I'll be playing at Kenny Chesney's concert I wrote with Kalan."

Porter said she's played for a crowd of 10,000 people with her brother before but playing for 12,000 Chesney fans will be a different experience.

"I'm sure I'll be extremely nauseous and my heart will be pounding, but just the opportunity itself is so cool, so I'm just going to try to live in the moment and enjoy it."

Winning prize

- Along with opening for Kenny Chesney, Porter will receive four tickets to his show
- She also wins a $2,500 and a $500 gift card to Lammle's Western Wear

60 seconds

▶ Nick Bielinski cuts about a pound of cheese out of the 200 he will cut on any given day.

CHEESE WITH THAT?

"EVERYTHING IS FRESH AND UNPROCESSED"

Offering a tasty break from the regular meat-on-a-stick fare, Wisconsin Cheese is the only cheese stand operating on the grounds of the Stampede this year. Nick Bielinski shares the cheese news.

What is Wisconsin Cheese?
"It's the best cheese you can buy. Everything is fresh and unprocessed ... and deep fried."

What do you serve up?
"We have mozzarella sticks, cheddar chunks and our spicy jalapeno cheddar chunks."

Which food booths bring you the most competition?
"We have the hotdog-and-pizza crowd beat because we're the only cheese stand, and people come to Stampede to try out new things."

How much cheese do you go through in a day?
"It depends on the day, but usually I cut about 200 pounds of cheese per day." ● TODD VAUGHAN

Following the great Cattle Trail

From pasture to plate, there are several steps in between that farmers in the beef industry undertake to get the product to the supermarket.

New to the Agricultural Building this year is the Cattle Trail, an interactive exhibit that allows people to see the process cattle go through before becoming a beef product.

From pasture and herd management to genetics and even covering the process of cooking beef properly, the Cattle Trail encompasses numerous areas of the cattle market.

"There's a disconnect ... definitely in the public with their knowledge. A lot of people just think that beef comes from the market," said Janette Bamford, agriculture program co-ordinator for the exhibit.

"If they don't know where it comes from, they don't appreciate it."

Even though they live in the city, Dave Hehr said he and his wife Carrie brought their three young children to the booths to help educate them on agriculture.

"My dad grew up on a farm and raised bulls, so I want my kids to see the process," said Dave.

"You want them to know where food comes from, and it's important to have farms."

The display also includes live cattle to help teach the public about the animals and the industry itself.

Meanwhile, on the last stage visitors will find a barbecue patio and tips on cooking beef. ● KATIE TURNER

Cow tales

- There are 33 different breeds of cattle in Canada alone.
- Stampede-goers are able to get inside a cattle liner to see how cows are transported.
- The Cattle Trail exhibit is open daily throughout the Stampede.
- Booths teach attendees about cattle industry.

KATIE TURNER/METRO CALGARY

▶ Agriculture program director Janette Bamford says the Cattle Trail exhibit is designed to educate.

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Live on the stage ...

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Western spirit

- **Western Heritage Day:** Free park admission all day for seniors over 65.

Pancake breakfasts

- **Canadian Red Cross:** 1312–12 Avenue S.W. at 7 a.m. until 10 a.m.
- **Market Mall:** at 9 a.m. until 11 a.m.
- **Shawnessy YMCA:** Shawville Boulevard at 7 a.m. until 10 a.m.

DAVE SANDFORD/GETTY IMAGES

▶ Finger Eleven will get the adrenaline pumping tonight on the Coca-Cola Stage.

Coca-Cola Stage

- My Little Pony at 11:30 a.m., 1 p.m. & 3:30 p.m.
- Terry Stokes at 2 p.m. & 5 p.m.
- Finger Eleven at 9 p.m.

Nashville North

- Bobby Bare at 12:30 p.m.
- Gord Bamford at 9 p.m
- Karen Lee Batten at 2 p.m., 5:15 p.m. & 7:15 p.m.
- Craig Moritz at 4:15 p.m. & 6:15 p.m.
- Jason Greeley at 11 p.m. & 12:15 a.m.

CALGARY STAMPEDE RESULTS

YESTERDAY'S FOURTH PERFORMANCE

BAREBACK

Note: results are listed as follows — competitor; hometown; stock; score.

1. Feild, Kaycee, Elk Ridge, UT, Beaver Fever, 86.00 points; 2. Hooper, Tilden, Carthage, TX, Raggedy Ann, 85.00; 3. Hodson, Logan, Telkwa, BC, My Mistake, 84.00; 4. Dent, Steven, Mullen, NE, Scotch On The Rocks, 84.00; 5. Mote, Bobby, Culver, OR, Horse With No Name, 83.50; 6. Timberman, Kelly, Mills, WY, Coconut Roll, 83.00; 7. Shields, Jr., Davey, DeWinton, AB, Red Headed Stepchild, 82.00; 8. Havens, Jason, Prineville, OR, French Wake, 80.50; 9. Gunderson, Joe, Agar, SD, Brownie Delight, 78.50; 10. Gray, Ryan, Petersburg, TX, Dirty Shame, 76.00.

BULL RIDING

Note: results are listed as follows — competitor; hometown; stock; score.

1. Meier, Austin, Kinta, OK, Northern Lights, 87.50 points; 2. Navarre, Corey, Weatherford, OK, Wilder Walker, 85.50; 3. Whitney, Cody, Asher, OK, Cowboy Cookin, 84.50; 4. Proctor, Shane, Mooresville, NC, Rat Hole, 84.50; 5. Besplug, Chad, Claresholm, AB, Bad To The Bone, 84.00; 6. Schiffner, Scott, Strathmore, AB, Hazard County, 83.50; 7. McConnel, Ryan, Atoka, OK, Devils Playground, 82.00; 8. Mezei, Devon, Botha, AB, Buenas Dias, 79.50; 9. Torkelson, Jesse, Winfield, AB, Lizard Lips, BO; 10. Silcox, Wesley, Santaquin, UT, Regulators Oilfield, BO.

LADIES BARREL RACING

Note: results are listed as follows — competitor; hometown and time.

1. Seitz, Joleen, Savona, BC, 17.93 seconds; 2. Byrne, Lauren, Okotoks, AB, 18.20; 3. Renger, Deb, Okotoks, AB, 18.29; 4. Sears, Lindsay, Nanton, AB, 18.37; 5. Fleck, Britany, Mandan, ND, 18.49; 6. Barrington, Benette, Lubbock, TX, 18.78; 7. Pozzi, Brittany, Victoria, TX, 18.82; 8. Meadors, Angie, Blanchard, OK, 19.31; 9. Johnson, Sherrylynn, Henryetta, OK, 19.41; 10. Shaw, Crystal, Daysland, AB, 23.37.

SADDLE BRONC

Note: results are listed as follows — competitor; hometown; stock; score.

1. Chad Oelrichs, SD, Luxurious Bubbles, 84.50 points; 2. Bail, Jesse, Camp Crook, SD, John Wayne, 83.50; 3. Sundell, Wade, Boxholm, Not So Long, 79.50; 4. Taton, Cody, Corona, NM, Flat Out, 76.00; 5. Berry, Jim, Rocky Mtn House, AB, Navajo Warrior, 76.00; 6. Willert, Jeffery, Belvidere, SD, Hoop Dancer, 74.00; 7. Flundra, Dustin, Pincher Creek, AB, Steel Alloy 71.50; 8. Corrington, Tyler, Hastings, MN, Spearhead, 71.00; 9. MacKenzie, Ryan, Jordan Valley, OR, Shoshone Mountain, 66.00; 10. Berg, Justin, Marwayne, AB, After Midnight, 65.50.

STEER WRESTLING

Note: results are listed as follows — competitor; hometown; stock and time.

1. Graves, Lee, Calgary, 3.8 seconds; 2. Bugenig, Billy, Ferndale, CA, 4.0; 3. Thouvenell, Ethen, Napa, CA, 4.2; 4. Hazen, Jule, Ashland, KS, 5.0; 5. Reeves, Matt, Cross Plains, TX, 5.4; 6. Sumpter, Wade, Fowler, CO, 8.8; 7. Graves, Stockton, Newkirk, OK, 13.3; 8. Suhn, Todd, Hermosa, SD, 13.7; 9. Hanna, Dane, Starkeville, MS, 21.9; 10. Gorsuch, Dean, Gering, NE, NT.

TIE-DOWN ROPING

Note: results are listed as follows — competitor; hometown; stock and time.

1. Herrin, Hunter, Apache, OK, 7.4 seconds; 2. Cooper, Clif, Decatur, TX, 7.6; 3. Cooper, Tuf, Decatur, TX, 7.7; 4. Hanchey, Shane, Sulpher, LA, 8.1; 5. Shiozawa, Matt, Chubbuck, ID, 8.5; 6. Hofer, Logan, Magrath, AB, 8.5; 7. Cooper, Clint, Decatur, TX, 9.1; 8. Smith, Stran, Childress, TX, 10.1; 9. Johnson, Chad, Del Bonita, AB, NT; 10. Brazile, Trevor, Decatur, TX, NT.

BOY'S STEER RIDING

Note: results are listed as follows — competitor; hometown; stock and score.

1. Goldsmith, Logan, Hoosier, SK, 75.00 points; 2. Zur, Cooper, Lumbreck, AB, 70.50; 3. (tie), Biever, Logan, Chlareholm, AB; Fuchs, Gunnar, Sangudo, AB; and Schmidt, Kagen Barrhead, AB, BO.

RANGELAND DERBY

CUMULATIVE RESULTS

Following last night's races

With overall ranking, driver, canvas, total run time, total penalties, overall time and payout:

1. Rick Fraser, Heninger, Toyota/Chickwagon Foundation, 5:09.79, 0, 5:09.79. $19,250.00; 2. Obrey Motowylo. H & E Oilfield Services Ltd. 5:12.68, 0, 5:12.68; $13,200.00; 3. Reg Johnstone ATB Financial 5:12.68 0 5:12.68 $14,150.00; 4. Jerry Bremner, J G Bremner Holdings Ltd., 5:13.63, 0, 5:13.63, $11,750.00; 5. Mark Sutherland, Cowboys Posse, 5:11.77, 2, 5:13.77, $13,950.00; 6. Ray Mitsuing, Sandlewood Development Ltd., 5:14.46, 0, 5:14.46, $12,550.00; 7. Colt Cosgrave, Calgary Food Bank, 5:13.77, 1, 5:14.77, $15,100.00; 8. Shane Nolin, Noralta Lodge, 5:14.97, 0, 5:14.97, $9,750.00; 9. Gary Gorst, Team YYC Calgary International Airport, 5:15.05, 0, 5:15.05, $10,200.00; 10. Hugh Sinclair, Baron Oilfield Supply, 5:13.21, 2, 5:15.21, $8,850.00.

11. Kurt Bensmiller, Eco Fuel Saver, 5:14.22, 1, 5:15.22, $8,600.00; 12. Kelly Sutherland, YaYa Calgary.com, 5:14.23, 1, 5:15.23, $11,250.00; 13. Roger Moore, The Legends, 5:15.30, 0, 5:15.30, $10,250.00; 14. Vern Nolin, BKDI Architects, 5:15.20, 1, 5:16.20, $11,700.00; 15. Darcy Flad, Purolator, 5:16.47, 0, 5:16.47, $8,550.00; 16. Luke Tournier, Friends of Heritage Park, 5:17.04, 0, 5:17.04, $10,250.00; 17. Chad Harden, NCI Construction Inc., 5:17.20, 0, 5:17.20, $8,300.00; 18. Troy Dorchester, Country Club of the Hamptons, 5:17.47, 0, 5:17.47, $10,400.00; 19. Jordie Fike, Friends of Calgary Food Bank, 5:17.13, 2, 5:19.13, $7,900.00; 20. Tim Haroldson, 1525423 Alberta Ltd, 5:14.82, 5, 5:19.82, $9,300.00.

21. Kirk Sutherland, Cam Clark Ford, 5:13.94, 6, 5:19.94, $8,200.00; 22. Wayne Knight, Express Employment Professionals, 5:10.65, 10, 5:20.65, $13,350.00; 23. Jim Knight, Border City Oilmen, 5:20.71, 0, 5:20.71, $7,850.00; 24. Brian Laboucane, The Mavericks, 5:16.67, 5, 5:21.67, $9,800.00; 25. Troy Flad, Giddy Up Go Holdings, 5:19.75, 2, 5:21.75, $7,850.00; 26. Grant Profit, Pride of Cochrane/Jaco Welding, 5:17.19, 5, 5:22.19, $8,500.00; 27. Ross Knight, Kids Wagon, 5:21.61, 2, 5:23.61, $7,600.00; 28. Buddy Bensmiller, Pidherney's, 5:18.85, 5, 5:23.85, $7,700.00; 29. Jason Glass, Shaw GMC Chevrolet, 5:24.14, 0, 5:24.14, $9,200.00; 30. Jamie Laboucane, WestJet, 5:19.56, 5, 5:24.56, $8,100.00.

Derby. Champion

▶ Robinson Cano of the Yankees reacts after hitting a home run in Phoenix last night.

MATT YORK/THE ASSOCIATED PRESS

Cano bests rival Gonzalez in derby

New York's Robinson Cano outslugged Boston's Adrian Gonzalez to win last night's all-star game home run derby, which turned into a Yankees-Red Sox showdown. Batting last, Cano defeated Gonzalez 12-11 in the finals last night after they each hit 20 home runs through two rounds. Toronto Blue Jays slugger Jose Bautista was eliminated in the first-round with just four home runs.

Jury might not hear from Clemens

Former pitching star's defence continues to sift through jury pool

The lawyer for Roger Clemens gave his strongest hint yet that the former baseball star may not testify in his trial on charges of lying to Congress about using performance-enhancing drugs as he pressed potential jurors not to hold Clemens' silence against him.

Several members of the jury pool under selection in Washington federal court said they would weigh evidence from both sides before deciding on a verdict. The judge and Clemens' lawyer had to repeatedly explain the legal principle of innocent until proven guilty and that prosecutors alone bear the burden of proving his guilt.

"Maybe you won't get both sides," Hardin told a government consultant who indicated she wanted to hear Clemens prove his innocence. She eventually said she understood she must start off by assuming he's innocent until the government persuades her otherwise.

"Would you require him to testify to find him not guilty?" Hardin asked another panelist.

"I would like to hear from both sides," she responded.

"That's the point. Most people would," Hardin said, and then explained she can't hold it against him.

"You mean you aren't going to say anything at all?" she asked.

"We may, we may not," he said. Under coaching from Hardin, she eventually said she would find him not guilty if she had a reasonable doubt even without hearing from him.

Clemens watched without speaking during three days of intense questioning of 50 potential jurors that qualified 35 people for potential service.

Clemens is charged with six felonies for telling Congress under oath that he never used performance-enhancing drugs. He stands by the denial, but prosecutors say they can prove that is a lie.

THE ASSOCIATED PRESS

Jury selection

U.S. District Judge Reggie Walton plans to have prosecutors and defence lawyers exercise their preemptory, or unexplained, challenges today to narrow those qualified to a panel of 12 jurors and up to four alternates and then have opening arguments tomorrow.

Canadian Hesjedal still alive amid tour mayhem

Canadian Ryder Hesjedal is nursing sore ribs and a bruised back and neck. But he's grateful he's made it through the first nine stages of the Tour de France.

"I'm just happy to still be in the race and still be in one piece," he told The Canadian Press during yesterday's rest day. "I just feel for the guys that have gone home with broken bones. It's not fun."

This year's Tour has been a wild ride with competitors clipped by motorcycles, cars, spectators and guardrails. Rain and mass crashes have added to the mayhem.

"That's the harsh reality of this sport," Hesjedal said. "We don't have that luxury of a rink or a court or a field where it's pretty controlled and you know what you're getting."

Hesjedal has been involved in several crashes himself. The 30-year-old from Victoria went down hard Friday during Stage 7, dropping him from 30th overall to 48th as he lost three minutes six seconds on the leader.

He currently stands 43rd, 9:33 back of leader Thomas Voeckler.

THE CANADIAN PRESS

Sports in brief

Russian fails doping test

TOUR DE FRANCE. Russian cyclist Alexandr Kolobnev became the first cyclist at this year's Tour de France to fail a doping test, the International Cycling Union said yesterday. The UCI said a urine sample collected from Kolobnev last Wednesday tested positive for a substance called Hydrochlorothiazide — a diuretic that can be used as a masking agent to hide the presence of other drugs. THE ASSOCIATED PRESS

Raonic's drop continues after injury

TENNIS. Milos Raonic has dropped to No. 27 in the latest ATP rankings. The 20-year-old from Thornhill, Ont., was ranked 25th before suffering an injury in the second round at Wimbledon. THE CANADIAN PRESS

4 sports

Quoted

"I'm an immigrant. I definitely would never agree with any treating of immigrants bad — the wrong way."

BOSTON RED SOX SLUGGER DAVID ORTIZ, A NATIVE OF THE DOMINICAN REPUBLIC, ON ARIZONA IMMIGRATION LAW BEFORE THE MLB HOME RUN DERBY LAST NIGHT. THE REV. JESSE JACKSON IS URGING BASEBALL'S STARS TO SPEAK OUT AGAINST THE LAW KNOWN AS SB 1070 AT ALL-STAR GAME FESTIVITIES IN PHOENIX.

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Tampa Bay	49	41	.544	6
Toronto	45	47	.489	11
Baltimore	36	52	.409	18

CENTRAL DIVISION

	W	L	Pct	GB
Detroit	49	43	.533	—
Cleveland	47	42	.528	½
Chicago	44	48	.478	5
Minnesota	41	48	.461	6½
Kansas City	37	54	.407	11½

WEST DIVISION

	W	L	Pct	GB
Texas	51	41	.554	—
Los Angeles	50	42	.543	1
Seattle	43	48	.473	7½
Oakland	39	53	.424	12

Yesterday's results
No games scheduled
Sunday's results
N.Y. Yankees 1 Tampa Bay 0
Toronto 7 Cleveland 1
Boston 8 Baltimore 6
Detroit 2 Kansas City 1
Minnesota 6 Chicago White Sox 3
Texas 2 Oakland 0
L.A. Angels 4 Seattle 2
Tonight's game
All-Star Game — At Phoenix
All Times Eastern
American (Weaver, 11-3) at National League (Halladay, 11-4), 8:05 p.m.

NATIONAL LEAGUE

EAST DIVISION

	W	L	Pct	GB
Philadelphia	57	34	.626	—
Atlanta	54	38	.587	3½
New York	46	45	.505	11
Washington	46	46	.500	11½
Florida	43	48	.473	14

CENTRAL DIVISION

	W	L	Pct	GB
Milwaukee	49	43	.533	—
St. Louis	49	43	.533	—
Pittsburgh	47	43	.522	1
Cincinnati	45	47	.489	4
Chicago	37	55	.402	12
Houston	30	62	.326	19

WEST DIVISION

	W	L	Pct	GB
San Francisco	52	40	.565	—
Arizona	49	43	.533	3
Colorado	43	48	.473	8½
Los Angeles	41	51	.446	11
San Diego	40	52	.435	12

Yesterday's results
No games scheduled
Sunday's results
Florida 5 Houston 4
Philadelphia 14 Atlanta 1
Pittsburgh 9 Chicago Cubs 1
Washington 2 Colorado 0
Milwaukee 4 Cincinnati 3
St. Louis 4 Arizona 2
L.A. Dodgers 4 San Diego 1
San Francisco 4 N.Y. Mets 2
Tonight's game
All-Star Game — At Phoenix
All Times Eastern
American (Weaver, 11-3) at National League (Halladay, 11-4), 8:05 p.m.

ALL-STAR GAME ROSTERS

At Phoenix

Revised rosters released by Major League Baseball for the upcoming all-star game, to be held tonight at Chase Field in Phoenix (s-starter, elected by fans; m-managers pick; p-players' selection; i-injured, will not play; r-injury replacement; f-chosen by final vote selection):

AMERICAN LEAGUE

Pitchers
p-Josh Beckett, Boston; m-Aaron Crow, Kansas City; m-Gio Gonzalez, Oakland; p,ss-Felix Hernandez, Seattle; p-Brandon League, Seattle; p,i-Jon Lester, Boston; p-Alexi Ogando, Texas; p-Chris Perez, Cleveland; p-Michael Pineda, Seattle; m,j-David Price, Tampa Bay; p,i-Mariano Rivera, N.Y. Yankees; r-David Robertson, N.Y. Yankees; r-Ricky Romero, Toronto; p,ss-C.C. Sabathia, N.Y. Yankees; p,ss-James Shields, Tampa Bay; m-Jose Valverde, Detroit; p,ss-Justin Verlander, Detroit; r-Jordan Walden, L.A. Angels; p-Jered Weaver, L.A. Angels; m-C.J. Wilson, Texas.
Catchers
s-Alex Avila, Detroit; p-Russell Martin, N.Y. Yankees; m-Matt Wieters, Baltimore.
Infielders
p,s-Adrian Beltre, Texas; p,s-Asdrubal Cabrera, Cleveland; p-Miguel Cabrera, Detroit; s-Robinson Cano, N.Y. Yankees; s-Adrian Gonzalez, Boston; s,i-Derek Jeter, N.Y. Yankees; p-Howie Kendrick, L.A. Angels; f-Paul Konerko, Chicago White Sox; r-Jhonny Peralta, Detroit; s,i-Alex Rodriguez, N.Y. Yankees; r-Kevin Youkilis, Boston.
Outfielders
s-Jose Bautista, Toronto; m-Michael Cuddyer, Minnesota; p-Jacoby Ellsbury, Boston; s-Curtis Granderson, N.Y. Yankees; s-Josh Hamilton, Texas; p-Matt Joyce, Tampa Bay; p-Carlos Quentin, Chi. White Sox.
Designated Hitters
s-David Ortiz, Boston; p-Michael Young, Texas.

NATIONAL LEAGUE

Pitchers
m-Heath Bell, San Diego; m,ss-Matt Cain, San Francisco; m-Tyler Clippard, Washington; p-Kevin Correia, Pittsburgh; p-Roy Halladay, Philadelphia; p,ss-Cole Hamels, Philadelphia; p-Joel Hanrahan, Pittsburgh; p-Jair Jurrjens, Atlanta; p-Clayton Kershaw, L.A. Dodgers; p-Craig Kimbrel, Atlanta; p-Cliff Lee, Philadelphia; m-Tim Lincecum, San Francisco; p-Jonny Venters, Atlanta; m-Ryan Vogelsong, San Francisco; p-Brian Wilson, San Francisco.
Catchers
s-Brian McCann, Atlanta; p-Yadier Molina, St. Louis; m-Miguel Montero, Arizona.
Infielders
m-Starlin Castro, Chicago Cubs; s-Prince Fielder, Milwaukee; p,i-Chipper Jones, Atlanta; p-Brandon Phillips, Cincinnati; s,i-Placido Polanco, Philadelphia; s,i-Jose Reyes, N.Y. Mets; r,s-Scott Rolen, Cincinnati; m-Gaby Sanchez, Florida; m-Pablo Sandoval, San Francisco; p-Troy Tulowitzki, Colorado; p-Joey Votto, Cincinnati; s-Rickie Weeks, Milwaukee.
Outfielders
m-Carlos Beltran, N.Y. Mets; s-Lance Berkman, St. Louis; s,i-Ryan Braun, Milwaukee; p-Jay Bruce, Cincinnati; r-Andre Ethier, L.A. Dodgers; p-Matt Holliday, St. Louis; s-Matt Kemp, L.A. Dodgers; r-Andrew McCutchen, Pittsburgh; p-Hunter Pence, Houston; m-Justin Upton, Arizona; f,i-Shane Victorino, Philadelphia.

CALENDAR

Tonight — All-Star game, Phoenix.
July 24 — Hall of Fame induction, Cooperstown, N.Y.
July 31 — Last day to trade a player without securing waivers.

MLB HOME RUN DERBY

At Phoenix
Last night's results

First Round	Tot	Long
Adrian Gonzalez, Boston	9	447
Robinson Cano, N.Y. Yankees	8	472
Prince Fielder, Milwaukee	5	452
David Ortiz, Boston	5	433
Matt Holliday, St. Louis	5	443
Jose Bautista, Toronto	4	412
Rickie Weeks, Milwaukee	3	427
Matt Kemp, L.A. Dodgers	2	427
Swing Off (5 Swings)	**Tot**	**Long**
Prince Fielder, Milwaukee	5	455
David Ortiz, Boston	4	459
Matt Holliday, St. Louis	2	—
Second Round	**2R**	**Tot Long**
Robinson Cano, N.Y. Yankees	12	20 —
Adrian Gonzalez, Boston	11	20 452
David Ortiz, Boston	4	9 —
Prince Fielder, Milwaukee	4	9 474
Championship Round	**Tot**	**Avg.**
Robinson Cano, N.Y. Yankees	12	433
Adrian Gonzalez, Boston	11	420

CFL

WEEK THREE

EAST DIVISION

	GP	W	L	T	PF	PA	Pt
Montreal	2	2	0	0	69	51	4
Winnipeg	2	2	0	0	46	32	4
Toronto	2	1	1	0	39	43	2
Hamilton	2	0	2	0	26	52	0

WEST DIVISION

	GP	W	L	T	PF	PA	Pt
Edmonton	2	2	0	0	70	38	4
Calgary	2	1	1	0	55	55	2
B.C.	2	0	2	0	58	64	0
Saskatchewan	2	0	2	0	53	81	0

Thursday's game
All Times Eastern
Calgary at Winnipeg, 8 p.m.
Friday's game
Toronto at Montreal, 7:30 p.m.
Saturday's games
Saskatchewan at Hamilton, 4 p.m.
B.C. at Edmonton, 7 p.m.

SCORING LEADERS

	TD	C	FG	S	Pts
Palardy, Wpg	0	3	6	2	23
Duval, Edm	0	8	4	2	22
McCallum, BC	0	4	6	0	22
Whyte, Mtl	0	8	4	1	21
Prefontaine, Tor	0	3	6	0	21
E.Johnson, Sask	0	6	3	2	17
Medlock, Ham	0	2	4	0	14
Barnes, Edm	2	0	0	0	12
Bratton, Mtl	2	0	0	0	12
Brown, BC	2	0	0	0	12
Cates, Sask	2	0	0	0	12
Cornish, Cal	2	0	0	0	12

TENNIS

ATP MERCEDES CUP

At Stuttgart, Germany
Singles — First Round
Albert Montanes, Spain, def. Gilles Simon (4), France, 4-6, 7-6 (5), 6-2.
Guillermo Garcia-Lopez (8), Spain, def. Radek Stepanek, Czech Republic, 6-1, 6-3.

WTA SNAI OPEN

At Palermo, Sicily
Singles — First Round
Flavia Pennetta (1), Italy, def. Anastassia Grymalska, Italy, 6-4, 6-1.
Tsvetana Pironkova (6), Bulgaria, def. Anna Tatishvili, Georgia, 6-2, 7-5.

GOLF

U.S. WOMEN'S OPEN

Yesterday's final round
At Colorado Springs, Colo.
Par: 71
x-won three-hole playoff by three shots
a-amateur

x-So Yeon Ryu, $585,000	74-69-69-69—281
Hee Kyung Seo, $350,000	72-73-68-68—281
Cristie Kerr, $215,493	71-72-69-71—283
Angela Stanford, $150,166	72-70-70-72—284
Mika Miyazato, $121,591	70-67-76-72—285
Inbee Park, $98,128	71-73-70-72—286
Karrie Webb, $98,128	70-73-72-71—286
Ai Miyazato, $98,128	70-68-76-72—286
Ryann O'Toole, $81,915	69-72-75-71—287
Jiyai Shin, $70,996	73-72-73-70—288
Amy Yang, $70,996	75-69-73-71—288
I.K. Kim, $70,996	70-69-76-73—288
Chella Choi, $60,780	71-76-70-72—289
Candie Kung, $60,780	76-69-71-73—289
Suzann Pettersen, $48,658	71-75-72-72—290
Yani Tseng, $48,658	73-73-71-73—290
Junthima Gulyanamitta, $48,658	73-76-68-73—290
Paula Creamer, $48,658	72-70-73-75—290
Karen Stupples, $48,658	72-77-73-68—290
Lizette Salas, $48,658	69-73-73-75—290
Meena Lee, $36,374	75-71-72-73—291
Morgan Pressel, $36,374	75-72-71-73—291
Catriona Matthew, $36,374	76-70-74-71—291
Leta Lindley, $36,374	73-71-72-75—291
Mi-Jeong Jeon, $30,122	72-73-76-71—292
Sun Young Yoo, $30,122	74-68-77-73—292
Alison Walshe, $24,042	74-73-73-73—293
Sakura Yokomine, $24,042	72-74-77-70—293
Beatriz Recari, $24,042	76-72-72-73—293
Brittany Lincicome, $24,042	75-74-74-70—293
Eun-Hee Ji, $24,042	73-69-74-77—293
a-Moriya Jutanugarn	76-69-76-73—294
Natalie Gulbis, $21,189	73-75-74-72—294
Song Hee Kim, $18,370	73-73-74-75—295
Shinobu Moromizato, $18,370	76-72-74-73—295
Jessica Korda, $18,370	73-75-72-75—295
Maria Hjorth, $18,370	70-78-73-74—295
Wendy Ward, $18,370	73-69-74-79—295
Stacy Lewis, $18,370	68-73-79-75—295
Sandra Gal, $18,370	77-72-72-74—295
Mina Harigae, $18,370	75-74-72-74—295
Karin Sjodin, $14,943	74-73-75-74—296
Shanshan Feng, $14,943	76-72-77-71—296
Meaghan Francella, $14,943	76-73-72-75—296
Azahara Munoz, $12,458	74-71-79-73—297
Hee Young Park, $12,458	73-71-80-73—297
Vicky Hurst, $12,458	76-72-76-73—297
Jennifer Johnson, $12,458	75-74-74-74—297
Se Ri Pak, $12,458	74-70-77-76—297
Sue Kim, $9,790	**73-74-77-74—298**
Brittany Lang, $9,790	72-74-81-71—298
Lindsey Wright, $9,790	76-71-75-76—298
Jinyoung Pak, $9,790	77-72-76-73—298
Soojin Yang, $9,790	75-74-75-74—298
Danah Bordner, $8,680	73-74-79-73—299
Lee-Anne Pace, $8,680	75-72-77-75—299
Mariajo Uribe, $8,680	75-69-79-76—299
Michelle Wie, $8,680	78-71-78-72—299
Jean Chua, $8,141	77-69-77-77—300
a-Victoria Tanco	78-69-77-76—300
Yoo Kyeong Kim, $8,141	74-74-77-75—300
a-Lindy Duncan	70-78-76-76—300
a-Amy Anderson	69-77-81-74—301
Harukyo Nomura, $7,735	77-70-79-76—302
Becky Morgan, $7,735	75-72-78-77—302
Shinae Ahn, $7,735	74-75-78-75—302
Anya Sarai Alvarez, $7,735	73-76-82-71—302
a-Danielle Kang	72-77-75-79—303
Paola Moreno, $7,408	73-76-77-78—304
Sherri Steinhauer, $7,277	72-76-78-79—305
Gwladys Nocera, $7,146	78-71-76-82—307

PGA TOUR FEDEXCUP LEADERS

Through July 10

	Points	Money YTD
1. Nick Watney	1,798	$4,189,233
2. Steve Stricker	1,673	$3,371,139
3. K.J. Choi	1,536	$3,665,704
4. Luke Donald	1,455	$3,550,248
5. Bubba Watson	1,448	$3,017,350
6. Mark Wilson	1,358	$2,716,845
7. Matt Kuchar	1,306	$2,878,861
8. David Toms	1,280	$2,920,730
9. Phil Mickelson	1,261	$2,496,784
10. Gary Woodland	1,237	$2,381,229
11. Webb Simpson	1,230	$2,466,692
12. Brandt Snedeker	1,191	$2,392,395
13. Martin Laird	1,165	$2,348,956
14. Jonathan Byrd	1,154	$2,358,204
15. Jason Day	1,143	$2,729,452
16. Rory Sabbatini	1,137	$2,200,867
17. Aaron Baddeley	1,112	$2,329,848
18. Fredrik Jacobson	1,112	$2,026,682
19. Hunter Mahan	1,072	$2,181,312
20. Charl Schwartzel	980	$2,080,921
21. Bill Haas	946	$1,730,170
22. Steve Marino	935	$1,821,556
23. Charles Howell III	913	$1,706,895
24. D.A. Points	905	$1,719,033
25. Dustin Johnson	900	$1,947,228
Also		
129. David Hearn	**275**	**$409,962**
131. Stephen Ames	**274**	**$467,810**

WORLD RANKING

Through July 10

1. Luke Donald	Eng	9.74
2. Lee Westwood	Eng	8.62
3. Martin Kaymer	Ger	7.27
4. Rory McIlroy	NIr	7.17
5. Steve Stricker	USA	6.89
6. Phil Mickelson	USA	5.55
7. Matt Kuchar	USA	5.55
8. Jason Day	Aus	5.46
9. Graeme McDowell	NIr	5.38
10. Nick Watney	USA	5.37
11. Charl Schwartzel	SAf	5.23
12. Dustin Johnson	USA	4.92
13. K.J. Choi	Kor	4.75
14. Paul Casey	Eng	4.74
15. Bubba Watson	USA	4.72
16. Ian Poulter	Eng	4.61
17. Adam Scott	Aus	4.08
18. Robert Karlsson	Swe	3.98
19. Tiger Woods	USA	3.93
20. Hunter Mahan	USA	3.92
21. Retief Goosen	SAf	3.80
22. Francesco Molinari	Ita	3.77
23. Jim Furyk	USA	3.75
24. Ernie Els	SAf	3.71
25. Alvaro Quiros	Esp	3.69

SOCCER

COPA AMERICA

Last night's result
At Cordoba, Argentina
Argentina 3 Costa Rica 0
Tonight's games
All Times Eastern
At Mendoza, Argentina
Chile vs. Peru, 8:45 p.m.
At La Plata, Argentina
Uruguay vs. Mexico, 8:45 p.m.
Tomorrow's games
At Salta, Argentina
Paraguay vs. Venezuela, 6:15 p.m.
At Cordoba, Argentina
Brazil vs. Ecuador, 8:45 p.m.

QUARTER-FINALS

Saturday's games
At Cordoba, Argentina
QF1 — Colombia vs. Best-third place, 3 p.m.
At Santa Fe, Argentina
QF2 — Second A vs. Second C, 6:15 p.m.
Sunday's games
At La Plata, Argentina
QF3 — First B vs. Second-best third place, 3 p.m.
At San Juan, Argentina
QF4 — First C winner vs. Second B, 6:15 p.m.

MLS

EASTERN CONFERENCE

	GP	W	L	T	GF	GA	Pt
Philadelphia	18	7	4	7	21	16	28
New York	20	6	4	10	34	24	28
Columbus	18	7	5	6	21	19	27
Houston	19	5	6	8	23	22	23
D.C. United	17	5	5	7	24	29	22
Kansas City	18	5	6	7	23	24	22
Chicago	19	2	5	12	20	24	18
Toronto	21	3	9	9	17	36	18
New England	18	3	8	7	16	24	16

WESTERN CONFERENCE

	GP	W	L	T	GF	GA	Pt
Los Angeles	21	10	2	9	27	16	39
Seattle	21	9	4	8	28	20	35
Dallas	19	10	5	4	26	19	34
Real Salt Lake	17	8	3	6	23	12	30
Colorado	20	6	5	9	22	23	27
Chivas USA	19	5	7	7	24	23	22
San Jose	18	5	6	7	28	21	21
Portland	17	5	9	3	21	31	18
Vancouver	20	2	10	8	19	28	14

Sunday's result
Seattle 3 Portland 2
Saturday's games
All Times Eastern
Colorado at Seattle, 4 p.m.
Real Salt Lake at Vancouver, 4 p.m.
San Jose at Columbus, 7:30 p.m.
Kansas City at Houston, 8:30 p.m.
Portland at Chicago, 8:30 p.m.
D.C. United at Dallas, 9 p.m.
New York at Chivas USA, 10:30 p.m.

NASL

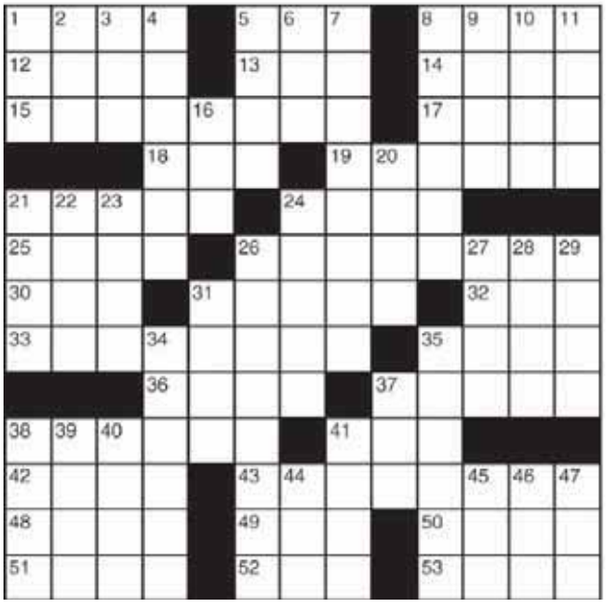
	GP	W	L	T	GF	GA	Pt
Carolina	15	13	1	1	34	11	40
Edmonton	14	7	4	3	17	14	24
Puerto Rico	15	6	4	5	23	23	23
Minnesota	15	4	4	7	16	15	19
Tampa Bay	15	4	5	6	17	21	18
Fort Lauderdale	15	3	4	8	21	22	17
Montreal	14	2	8	4	11	15	10
Atlanta	15	2	11	2	15	33	8

Tomorrow's games
All Times Eastern
Fort Lauderdale at Montreal, 7:30 p.m.
Carolina at Edmonton, 9:30 p.m.
Sunday, July 17
Atlanta at Montreal, 3:30 p.m.
Tampa Bay at Edmonton, 6 p.m.
Puerto Rico at Minnesota, 8:30 p.m.

FIFA WOMEN'S WORLD CUP

Quarter-finals
Sunday's results
At Augsburg, Germany
Sweden 3 Australia 1
At Dresden, Germany
Brazil 2 U.S. 2
(U.S. advances 5-3 on penalty kicks)
Tomorrow's games
All Times Eastern
Semifinals
At Moenchengladbach, Germany
France vs. U.S., Noon
At Frankfurt
Japan vs. Sweden, 2:45 p.m.
Saturday's games
Third Place
At Sinsheim, Germany
Semifinal losers, 11:30 a.m.
Sunday's game
Championship
At Frankfurt
Semifinal winners, 2:45 p.m.

Crossword



Across

1 Food list
5 Lummox
8 Glitz partner
12 Shakespeare's river
13 Under the weather
14 Relaxation
15 Corsage flower
17 Karaoke need
18 Tattooist's supply
19 Need for water
21 Released
24 100 (Sp.)
25 Statutes
26 Jon Arbuckle's cat
30 Noshed
31 Fortuneteller's deck
32 Extinct bird
33 Military post
35 Shade of color
36 Not 13-Across
37 Garbage vessel
38 Jungle expedition
41 Intend
42 Tiger Woods' ex
43 Chickpea
48 McNally partner
49 That guy
50 Bank transaction
51 Vicinity
52 Attempt
53 Advantage

Down

1 Periodical, for short
2 Actress Longoria
3 Neither mate
4 Intimate apparel
5 Pig's call
6 "The Greatest"
7 Pressing need?
8 Zodiac twins
9 Den
10 Requests
11 Encounter
16 Conclusion
20 Weight
21 Old Glory, e.g.
22 — -tat-tat
23 Basin accessory
24 Yuletide song
26 Old-fashioned illumination
27 Eastern potentate
28 Protracted
29 Appointment
31 Layer
34 Kigali's country
35 Mexican entree
37 Clothes protector
38 Antitoxins
39 Winged
40 OK
41 Host
44 Melody
45 Affirmative action?
46 Sharp turn
47 Inseparable

▶ Yesterday's answer

Sudoku

7				8		6	9	
	3		9	7		2		
					4			
	5	8				1		2
3								9
1		7				4	5	
			5					
		2		9	8		6	
	9	5		4				3

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Yesterday's answer ▶

Send a KISS

You can now post your kiss, and read even more kisses, online at metronews.ca/kiss.

To my dearest brother, i would like to thank you for enlightening the last 9 years of my life. Giving, Wonderfull, True as well as Caring is what you've been ever since i first saw you. This is my way of saying happy birthday and best wishes from me to YOU <3 I LOVE YOU
FROM JAMILA

Be the real Prince u are This long dist rel is not easy..we kno we cannot escape, tried many times but tied unbreakable..how mnay times have u heard of such an existance? this is special and very unusual. two special words - trust and faith - is all we can remember. stay intact - not an inch here not there..be the real prince u can be. i am right here :)
FROM YOUR LOV

A look at the weather

TODAY	WEDNESDAY	THURSDAY
Min 12° Max 20°	Min 13° Max 19°	Min 14° Max 24°

Andrew Schultz, Meteorologist
"I get to spread the word on how your day, evening or weekend will shape up with our ever-changing weather here in Alberta". **WEEKDAYS 6AM**

Today's horoscope

For today's crossword answers and for expanded horoscopes, go to metronews.ca

♈ Aries March 21-April 20 Mercury, planet of the mind, links to your ruler today, so you won't be short of ideas.

♉ Taurus April 21-May 21 You may have every right to get your own back on a rival but it will lead to more bad feeling.

♊ Gemini May 22-June 21 You may need to bluff your way through a situation.

♋ Cancer June 22-July 22 Take that first small step, then just keep walking.

♌ Leo July 23-Aug.23 If you know what you want you will surely find a way to get it — but do you know what you want?

♍ Virgo Aug. 24- Sept. 22 Fate is clearly pointing you in a particular direction but you want to take a completely different path.

♎ Libra Sept. 23-Oct. 23 A Mars-Mercury link will help you reach out to people you love and trust.

♏ Scorpio Oct. 24-Nov. 22 You will know with the utmost clarity today what needs to be done.

♐ Sagittarius Nov. 23-Dec. 21 What happens today will remind you that the world is full of many different kinds of people.

♑ Capricorn Dec. 22-Jan. 20 You will notice a change in the way you think about certain issues.

♒ Aquarius Jan. 21-Feb. 18 Resist the temptation to be blunt or rude — it will turn people against you.

♓ Pisces Feb. 19-March 20. You don't have to follow the latest fad or fashion but you do have to realize that the world moves on quickly.

SALLY BROMPTON

Caption contest

SHUJI KAJIYAMA/ THE ASSOCIATED PRESS

NIGEL TREBLIN/THE ASSOCIATED PRESS

WIN!

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Write a funny caption for the image above and send it to play@metronews.ca — the winning caption will be published in tomorrow's Metro.

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